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ABSTRACT

This book presents an overview of the major types of mental disorders, accompanied by treatment models that are structured, comprehensive, grounded in research, and likely to be effective. Chapter topics are: (1) "Introduction to Effective Treatment Planning"; (2) "Mental Disorders in Infants, Children, and Adolescents"; (3) "Situationally Precipitated Conditions and Disorders"; (4) "Mood Disorders"; (5) "Anxiety Disorders"; (6) "Disorders of Behavior and Impulse Control"; (7) "Disorders in which Physical and Psychological Factors Combine"; (8) "Personality Disorders"; (9) "Disorders Involving Impairment in Awareness of Reality: Psychotic and Dissociative Disorders"; and (10) "The Future of Diagnosis and Treatment Planning." Each diagnostic chapter works from an overview of the category through a description of each disorder together with typical client characteristics, preferred therapist characteristics, intervention strategies, and prognosis. In this way preferred treatments are matched to understandings of the disorder, the client, and the therapist. Recommended readings and at least one case example with a client map for organizing the data are included for each chapter. (Author/EMK)

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